

Claims

What is claimed is:

- 1 1. A method of assisting a person in a lifestyle control program
2 conducive to good health, comprising:
3 storing in a database lifestyle data from a statistically large group of
4 persons, and the correlation of such lifestyle data to good health;
5 collecting, in a personal logging device for the person, corresponding
6 lifestyle data of the respective person;
7 feeding said collected lifestyle data from said personal logging device
8 of the person to said database;
9 performing a statistical analysis of said lifestyle data collected from the
10 respective person, with respect to said lifestyle data of said group stored in said
11 database, to produce an output including correlations of said lifestyle data
12 collected from respective persons to good health; and
13 feeding back to said person health-promoting information based on said
14 correlations.
- 1 2. The method according to claim 1, wherein said health-
2 promoting information is fed back to said person via said personal logging
3 device of the person.

1 3. The method according to claim 1, wherein said database is
2 located at a remote location from said personal logging device and
3 communicates therewith via a communication channel.

1 4. The method according to claim 1, wherein said database
2 communicates with said personal logging device via a communication channel
3 and feeds back said individual health-promoting information to said person via
4 said personal logging device.

1 5. The method according to claim 4, wherein said communication
2 channel is the Internet.

1 6. The method according to claim 1, wherein said lifestyle data
2 collected in said personal logging device includes diet data as to the food types
3 and quantities consumed or to be consumed by the respective person.

1 7. The method according to claim 6, wherein said lifestyle data
2 collected in said personal logging device further includes energy expenditure
3 data as to the energy expended or to be expended by the respective person.

1 8. The method according to claim 7, wherein said energy
2 expenditure data includes a measurement of the energy expended by the resting

3 metabolism of the person, and a measurement of the energy expended by
4 physical activities of the person.

1 9. The method according to claim 8, wherein said resting
2 metabolism is measured by an indirect calorimeter applied to the person, and
3 said energy expended by physical activities is measured by a physical activity
4 sensor applied to the person.

1 10. The method according to claim 6, wherein said lifestyle data
2 collected in said personal logging device further includes personal health data
3 including the age, gender, weight and height of the respective person.

1 11. The method according to claim 10, wherein said personal health
2 data further includes prior illnesses of the individual and medications being
3 taken by the person.

1 12. The method according to claim 10, wherein said personal health
2 data further includes genetic information of the respective person.

1 13. The method according to claim 6, wherein said lifestyle data
2 collected in said personal logging device further includes environmental data
3 regarding various environmental conditions of the respective person.

1 14. The method according to claim 1, wherein said output produced
2 as a result of said statistical analysis also includes an indication of future health
3 risks of the respective person.

1 15. A method of providing health and lifestyle advice to a person,
2 comprising the steps of:

- 3 (a) providing the person with a lifestyle logging device;
4 (b) collecting lifestyle data from the person,
5 (c) storing the lifestyle data in a database;
6 (d) collecting health related data from the person;
7 (e) performing steps (a) – (d) for other persons within a group of
8 persons;
9 (f) determining statistical correlations between the lifestyle data
10 and the health data to good health for the group of persons; and
11 (g) providing feedback to the person based on said statistical
12 correlations;
13 whereby statistical correlations between lifestyle data and health data for the
14 group of persons is used to provide feedback and advice to the person.

1 16. A method of providing health and lifestyle advice to a person,
2 within a group of persons, comprising:
3 collecting lifestyle data from the group of persons and storing it in a
4 database;

5 collecting health data from the group of persons;
6 collecting genomic data from the group of persons;
7 performing a statistical analysis of the health data in relation to the
8 lifestyle data and the genomic data, so as to determine statistical correlations
9 between the genomic data, the lifestyle data and the health data; and
10 providing advice to persons within the group of persons based on the
11 statistical correlations;
12 whereby persons at high risk of disease or other health problems, based on the
13 statistical analysis, are provided with advice on lifestyle changes which would
14 be statistically effective in reducing health risks.

1 17. The method of claim 16 further comprising the inclusion of
2 health data, lifestyle data, and genomic data from another group of persons into
3 the statistical analysis used to provide advice and feedback to the group of
4 persons.

1 18. A health maintenance method directed towards a person,
2 comprising the steps of:
3 providing the person with a lifestyle logger for the collection of
4 lifestyle data related to the person;
5 providing the person with access to a remote computer system, so as to
6 collect lifestyle data from the person; and

7 providing suggested lifestyle changes to the person based on the
8 collected lifestyle data, so as to statistically reduce health risks.

1 19. A method for predicting health risks of a person, within a group
2 of persons, comprising the steps of:

3 providing each person with a lifestyle logger;

4 providing a communications link between each lifestyle logger and a
5 computer system, whereby lifestyle data related to each person is accessible to
6 the computer system;

7 monitoring health data related to a plurality of persons within the group
8 of persons;

9 determining statistical correlations between the collected lifestyle data
10 and the monitored health data; and

11 using the determined statistical correlations to provide advice to
12 persons within the group of persons.

1 20. The method of claim 19 further comprising collecting genomic
2 data from persons within the group of persons; and performing statistical
3 analysis of the health of the persons in relation to the lifestyle data and the
4 genomic data, whereby lifestyle data and genomic data may be used to predict
5 the health of a person.